

BRAIN HEALTH FOR SENIORS 55+: IN-PERSON SESSION

In Collaboration with
Alzheimer Society Canada

Alzheimer*Society*

Thursday, November 12, 2026

11:00 a.m. - 12:30 p.m.

Join us for an information session to learn about:

- Warning signs of dementia and how they differ from normal age-related brain changes
- Evidence-based lifestyle strategies that may help reduce the risk of developing dementia (ex., healthy eating, regular exercise, brain stimulation, stress management, quality sleep)

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